

Dietary Guideline #1

Adequate Nutrients Within Calorie Needs

What in the world of nutrition does
that mean????



Calories

- Many Americans eat **MORE** calories than they need and still don't get enough of their daily required nutrients.
- This means Americans aren't getting the required nutrients in the recommended amount of calories.
- So what does 'Adequate Nutrients with Calorie Needs' mean?



What else do Americans eat too much of???

- Saturated Fat
- Trans Fats
- Cholesterol
- Added Sugars
- Salt



What are nutrient dense and empty calorie foods?

- A nutrient dense food is high in **nutrients** and relatively low in **calories**.
- An empty calorie food is **low** in nutrients and relatively **high** in calories.



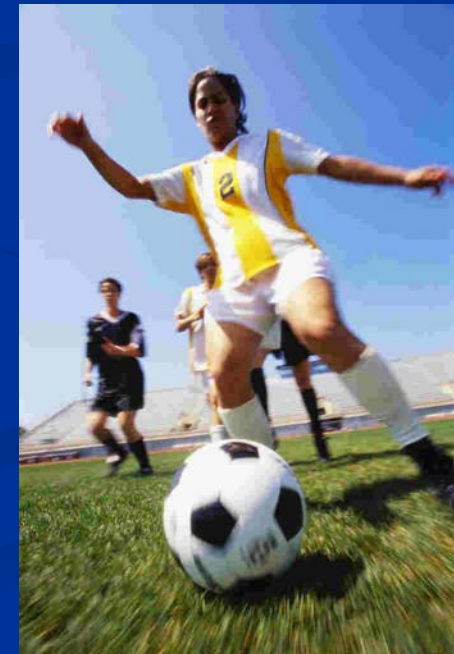
Recommendation

- It is recommended that Americans eat more **nutrient-dense** foods that have fewer **calories** and more **nutrients**.



How can a nutrient rich diet help me?

- Eating a nutrient rich diet will promote **normal growth and development** of children, good **health** for people of all ages, and a **lowered** risk for a number of chronic **diseases**, like diabetes, high blood pressure, etc.
- Does anyone in your family have diabetes, high blood pressure, cancer, heart problems???



Which nutrients are a concern for children and adolescents?

- Calcium
- Potassium
- Fiber
- Magnesium
- Vitamin E



So in a nutshell . . .

- Eat foods high in nutrients and relatively low in calories.

